

The PureGenomics™ Glucose Homeostasis Protocol

Developed with Nathan Morris, M.D.[†]

Gene	SNP	Alleles	What it means	Diet & Lifestyle Recommendations	Pure Encapsulations® Products
ADRA2A	rs553668	A/A (+/+) A/G (+/-) G/G (-/-)	The A allele is associated with increased alpha-adrenergic receptor expression, which may affect insulin release by the pancreas.	(+/-) or (+/-) • Consider relaxation techniques, meditation or related stress management strategies. (-/-) • No recommendations	(+/-) or (+/-) • Metabolic Xtra (-/-) • No recommendation
TCF7L2	rs7903146	T/T (+/+) T/C (+/-) C/C (-/-)	The T allele may influence glucose homeostasis.	(+/-) or (+/-) • Mediterranean diet or similar, reduce carbohydrate intake, eliminate sugars, regular exercise (-/-) • No recommendations	(+/-) or (+/-) • Metabolic Xtra (-/-) • No recommendation
SLC30A8	rs11558471	A/A (+/+) A/G (+/-) G/G (-/-)	The A allele may influence glucose homeostasis. Zinc has been shown to modify this effect.	(+/-) or (+/-) • Ensure adequate zinc intake (-/-) • No recommendations	(+/-) or (+/-) • Zinc 15 (-/-) • No recommendation

Note: These SNPs are markers of genetic predisposition supported by a limited, yet evolving body of evidence. Due to the many factors that modify their effects on physiology, a positive result does not necessarily mean that any or all of the recommended supplements are needed. Consider additional methods, such as those under Assessment Recommendations below, to determine the need for support.

SNP	Assessment Recommendations*
ADRA2A	Fasting glucose: Adults: 3.3-5.5 mmol/L HbA1c: Adults: 4.5-6.0% Serum cortisol: AM: 125-536 nmol/L, PM: 50-300 nmol/L
TCF7L2	Fasting glucose: Adults: 3.3-5.5 mmol/L HbA1c: Adults: 4.5-6.0% Or other related metabolic testing
SLC30A8	Alkaline phosphatase (a marker of zinc status): Men: 40-145 U/L, Women: 35-120 U/L Fasting glucose: Adults: 3.3-5.5 mmol/L HbA1c: Adults: 4.5-6.0% Or other related metabolic testing

[†]Dr. Morris has been retained as a consultant in advising Pure Encapsulations.

*Reference ranges were obtained from LifeLabs Clinical Laboratories. These ranges apply to adults only.

This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems. These products may not be right for everyone. Always read and follow the label.

Available for download at PureGenomics.ca



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